

# Xpose Fitness

## Schedule of Classes – March 2025

**Classes start promptly.** You will not be permitted to enter class more than five minutes after the start time. Pre-registration is required. All classes are one hour in length. Studio doors will open 10 minutes prior to the start of class. Classes and instructors are subject to change.

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b> <i>*All Classes just \$10 each!</i>	<b>SATURDAY</b>	<b>SUNDAY</b>
	9:30AM <b>Pole Flow</b>			9:30AM <b>Pole 1/2</b>	8:30AM <b>Pole Play Flow&amp;Floorwork</b>	9:30AM <b>Pole 5</b>
10:45AM <b>Pole 2</b>	10:45AM <b>Pole Conditioning</b>		10:45AM <b>Pole 3/4</b>	10:45AM <b>Floor/Chair</b>	9:45AM <b>Floor/Chair Pole Flow</b>	10:45AM <b>Floor/Chair</b>
12:00PM <b>Pole 3</b>	12:00PM <b>Pole Play</b>		12:00PM <b>Pole 1/2</b>	12:00PM <b>Beg/Int. Spin</b>	11:00PM <b>Pole 4/5 Chairlesque</b>	12:00PM <b>Sexy Stretch</b>
<b>**Monday and Wednesday Evening Classes Are Open to Divas of All Genders!**</b>						<b>Open Studio Time &amp; Private Sessions are available by appointment only.</b>  <i>Please call (410) 661-1301 at least 24 hours in advance to reserve Open Studio Time.</i>  <i>Please email <a href="mailto:xposetowson@xposefitness.com">xposetowson@xposefitness.com</a> to schedule Private Sessions.</i>
<b>*Co-Ed Night!*</b>		<b>*Co-Ed Night!*</b>				
5:30PM <b>Floor/Chair Beginner Spin</b>	5:30PM <b>Booty Basics Pole Flow</b>	5:30PM <b>Pole 1/2</b>	5:30PM <b>Floor/Chair Advanced Spin</b>	5:30PM <b>Floor/Chair Pole Play</b>	12:15PM <b>\$10 Saturday Sampler</b>	
6:45PM <b>Pole 2/3 Flow&amp;Floorwork</b>	6:45PM <b>Floor/Chair Pole 4</b>	6:45PM <b>Sexy Stretch Pole 5</b>	6:45PM <b>Flow&amp;Floorwork Pole 2</b>	6:45PM <b>Sexy Stretch Pole 2</b>	1:30PM <b>Pole 1</b>	
8:00PM <b>Intermediate Spin</b>	8:00PM <b>Sexy Stretch Pole Fit</b>	8:00PM <b>Pole Play</b>	8:00PM <b>Sexy Stretch Beginner Spin</b>	8:00PM <b>Flow&amp;Floorwork Pole 1</b>	2:45PM <b>Beginner Spin</b>	

**You must be at least 18 years of age to participate in classes at Xpose Fitness.**

Please visit [www.xposefitness.com](http://www.xposefitness.com) for more information and to register for classes!